

ST. THOMAS AQUINAS

SEPTEMBER 2013

BK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 2 LABOR DAY HOLIDAY !!!!	SEPTEMBER 3 OVEN BAKED CHICKEN BREAST PATTY SANDWICH , 1 EA WHEAT HAMBURGER ROLL W/ KETCHUP, 1 EA SWEET TENDER PEAS, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA	SEPTEMBER 4 ITALIAN BEEF & TURKEY MEATBALL SUB , 5 EA SUB ROLL, 1 EA SHRED MOZZ 1 OZ FRESH SAUTEED GREEN BEANS, 1/2 C FRESH BANANA, 1EA TOSSED SALAD, 1/2C CHILLED DICED PEARS, 3/8C	SEPTEMBER 5 NACHO MEAT , 1/2 C (BEEF CRUMBLES) LO-FAT SHREDDED CHEDDAR , 1 OZ TORTILLA CHIPS, 1/2 C SALSA/SOUR CREAM BABY CARROTS W/DIP, 1/2 C FRESH FRUIT SALAD, 3/8C TOSSED SALAD, 1/2C CHILLED APPLESAUCE, 3/8C	SEPTEMBER 6 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA
SEPTEMBER 9 TERIYAKI CHICKEN STRIPS ,5 EA BRN WHL GRAIN RICE, 1/2 C BABY CARROTS W/DIP, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD FRESH APPLE, 1EA	SEPTEMBER 10 LEAN BEEF CHEESEBURGER ,1EA W/ KETCHUP PICKLE COINS, 2EA SWEET YELLOW CORN, 1/2 C FRESH BANANA, 1EA TOSSED SALAD, 1/2C MIXED FRUIT, 3/8C	SEPTEMBER 11 CHICKEN FAJITAS ,1/2 C SHRED CHEDDAR , 1 OZ WM SOFT TORTILLAS, 2 EA SALSA & SOUR CREAM, 1/2 OZ STEAMED GREEN BEANS, 1/2 C FRESH FRUIT SALAD (MELONS & PINEAPPLE) TOSSED SALAD, 1/2C CHILLED APPLESAUCE, 3/8C	SEPTEMBER 12 TURKEY CORN DOG NUGGETS ,6 EA W/ KETCHUP OVEN ROASTED POTATES, 1/2 C VEGGIE BAKED BEANS, 1/4C FRESH ORANGE WEDGES, 2 PCS TOSSED SALAD W/ RANCH, 1/2 C FRESH CANTALOUPE, 1SL	SEPTEMBER 13 NOON DISMISSAL
SEPTEMBER 16 STOUFFERS MACARONI & CHEESE W/ WHOLE GRAINS, 3/4 C WHEAT DINNER ROLL, 1 EA FRESH SAUTEED GREEN BEANS, 1/2 C CHILLED DICED PEARS, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1EA	SEPTEMBER 17 SWEET & SOUR CHICKEN , 1/2C DICED CHICKEN BREAST, PEPPERS, ONION SAUCE WHOEL GRAIN BROWN RICE, 1/2C SWEET YELLOW CORN, 1/2 C CHILLED DICED PEACHES, 3/8C TOSSED SALAD W/ RANCH, 1/2 C FRESH BANANA, 1EA	SEPTEMBER 18 OPEN FACE HOT BEEF SANDWICH , 1/2C 100% WHOLE GRAIN BREAD, 1SL 1/2C MIXED VEGGIE TRIO W/ DIP, 1/2C CHILLED APPLESAUCE, 3/8C TOSSED SALAD, 1/2C FRESH SEEDLESS GRAPES, 3/8C	SEPTEMBER 19 WHOLE GRAIN BREADED CHICKEN NUGGETS , 5EA W/ KETCHUP CAESAR SALADW/ DRESSING & PARMESAN, 1/2C WHEAT DINNER ROLL, 1EA FRESH ORANGE WEDGES, 2EA TOSSED SALAD MIIXED FRUIT, 3/8C	SEPTEMBER 20 PIZZA DAY TOSSED SALAD, 1/2 C HOME BAKED CHOCOLATE CHIP COOKIE, 2 EA
SEPTEMBER 23 ALL BEEF MEATBALL STEW , 5EA W/ POTATOES, CARROTS, 3/4C STEAMED GREEN BEANS, 1/2C CHILLED DICED PEARS, 3/8C TOSSED SALAD, 1/2C FRESH APPLE, 1EA 8TH GRADE FIELD TRIP	SEPTEMBER 24 CAJUN STYLE CHICKEN , 1/2C IN LIGHT CAJUN SAUCE WHOLE GRAIN BROWN RICE, 1/2C BABY CARROTS W/ DIP, 1/2C CHILLED APPLESAUCE, 3/8C TOSSED SALAD, 1/2C SEEDLESS GRAPES, 3/8C	SEPTEMBER 25 COUNTRY STYLE SALISBURY STEAK W/ LOW SODIUM GRAVY, 1 EA SAVORY MASHED POTATOES, 1/2 C WHEAT DINNER ROLL, 1 EA FRESH CANTALOUPE, 1SL TOSSED SALAD, 1/2 C CHILLED PINEAPPLE TIDBITS, 3/8C	SEPTEMBER 26 WHL GRAIN SPAGHETTI PASTA W/BEEF & TURKEY CRUMBLE MARINARA SAUCE , 3/4 C WARM GARLIC BREAD, 1SL SWEET YELLOW CORN, 1/2C FRESH BANANA, 1EA TOSSED SALAD, 1/2C CHILLED DICED PEARS, 3/8C	SEPTEMBER 27 NOON DISMISSAL!! PROFESSIONAL DEVELOPMENT DAY
SEPTEMBER 30 OVEN BAKED CHICKEN BREAST PATTY SANDWICH , 1 EA WHEAT HAMBURGER ROLL W/ KETCHUP, 1 EA SWEET TENDER PEAS, 1/2 C CHILLED APPLESAUCE, 3/8 C TOSSED SALAD, 1/2 C FRESH APPLE, 1 EA				

All alternates discussed on an individual basis as needed.

Specializing in Day Care and School Lunch Programs and Business and Office Luncheons

8 oz milk required with each meal